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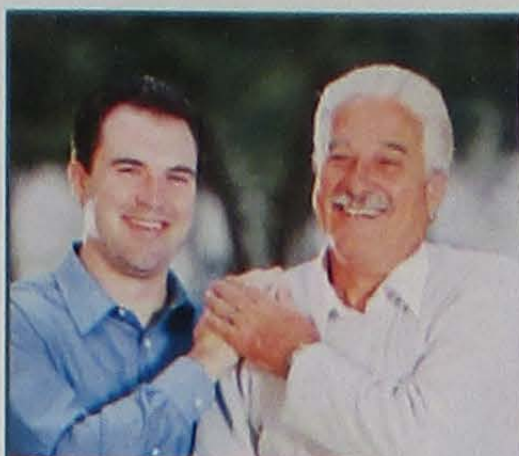
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THE CENTRAL IOWA EXPERIENCE

Editor

NICOLE WIEGAND

Contributors

NICOLE ARNOLD

TODD BURRAS

ANTHONY CAPPS

JANE M. DEGENEFTE

MARY CLAIRE LOKKEN

KECIA PLACE-FENCL

JAN RIGGENBACH

Photographers

JANE M. DEGENEFTE

NIRMALENDU MAJUMDAR



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Tribune Editor

MICHAEL CRUMB

Publisher

PAUL HEIDBREder

ADVERTISERS

To advertise in Facets magazine,
contact Tiffany Hilfiker at
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PHONE

(515) 663-6923

ADDRESS

317 Fifth St. Ames, IA, 50010

EMAIL

nwiegand@amestrib.com

ON THE COVER: Casie Vance, executive director of the Ames Historical Society. PHOTO BY NIRMALENDU MAJUMDAR/FACETS

EDITOR'S NOTE

I'll be the first to admit — history was one of my least favorite classes when I was growing up. To me, it simply seemed like a bunch of memorization of dates and names without a whole lot of context.

It wasn't until I found history that I could fully understand the ramifications of — in this case, it was a heavy, leather-bound book full of family trees and old photos tracing my mother's family back to the 19th century — that I was completely intrigued.

In the same vein, the stories we've collected this month that delve into Ames History are so utterly fascinating to me — and I think you'll feel the same.

While Ames has flourished into a modern college town burgeoning with technology startups and ground-breaking research, it all started with humble beginnings 150 years ago.

Anthony Capps sat down to talk with Ames Historical Society executive director Casie Vance about the journey that brought her to the organization, a little about what she does, and what she finds so enthralling about documenting and exploring the city's past.

Jane M. Degeneffe dove into the history books to find the backstory on one tree in Ames' Sycamore Row — a row of 50 sycamore trees planted in the early 1900s parallel to the Ames-to-Campus Railway. You may have spotted this particular tree on the corner of Lincoln Way and University Boulevard during your daily commute, but the history behind it might surprise you.

Todd Burras took a look at the history of Ames' green spaces beginning with the city's incorporation in 1864 and the designation of the city's first park — then called City Park, but now known as Bandshell Park — in 1892. He also chatted with parks commissioner Leo Milleman for a more modern look at the current parks system, as well as its future.

Mary Lokken details the history of business in Ames, with the founding of the Finesse group of salons in 1959 by her mother, Marian Lokken. Marian was



eventually featured in various magazine ads for Redken products, including an appearance in a 1977 issue of Vogue! Her timeline follows the business' more than 50-year history of styling hair in Ames.

In case you're running low on things to do this summer, fitness columnist Kecia Place-Fencl has compiled a list of 150 (!) ways to keep moving this summer.

We've included two recipes to wow your guests at any summer barbecue, the star of which is a grilled pizza. The recipe calls for chicken and pesto, but it's a great base recipe for a make-your-own-pizza night with friends and family.

Lastly, because this issue is, in fact, entirely dedicated to the Ames sesquicentennial celebration, you can find a complete list of events, music acts and activities that will celebrate the history, heritage and people that made Ames what it is today on page 28.

And, like any awesome birthday party, I hear there's going to be cake. Hope to see you there!

Nicole Wiegand

NICOLE WIEGAND

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• • •

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Casie Vance, executive director of the Ames Historical Society. PHOTOS BY NIRMALENDU MAJUMDAR/FACETS

SERVING HISTORY

Ames Historical Society executive director Casie Vance's love of history helps her uncover the keys to Ames' past

BY ANTHONY CAPPS

Before her junior year of high school, Casie Vance took a summer trip to the Washington, D.C. area.

At the time, Vance was set to go to college to become an English teacher. Then she went to Fort McHenry in Baltimore and saw the "Star Spangled Banner" flag, which inspired Francis Scott Key to write what became national anthem after seeing it fly above the fort after a battle during the War of 1812.

The history bug struck Vance.

She attended University of Northern Iowa and studied history. In 2011, she came to Ames as an intern at the Ames Historical Society. Today, she is the executive director.



Vance, a Mediapolis native and currently working on a master's in public administration at Drake University, never inspired to work at a major historical institute such as the Smithsonian or even the State Historical Society.

Ames is a good fit for Vance. The organization is

small so it allows Vance to to work on exhibits and programs and do research.

The Ames Historical Society was founded in 1980 by Farwell T. Brown, who had long written about the history of Ames.

The first mission of the

CONTINUED ON PAGE 9

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CONTINUED FROM PAGE 7

organization, then called the Ames Heritage Association, was to save and restore Ames' first schoolhouse, Hoggart School, which currently resides near Meeker Elementary School. The name was changed in 2004.

Vance became the director of the organization in September 2012. She was working for the organization, but when the previous director was in an accident, an unprepared Vance was named the new one.

"It was really overnight that I became the director," she said.

Since she began, the Historical Society has expanded its current space, located on Fifth Street and Douglas Avenue, expanded hours, amped up its presence in the community and added staff.

Vance is the only full-time staffer. There are four part-time employees, two work-study students and at least 20

"There is a rich history here in Ames. There are so many aspects and important people that have shaped the city. You never know what's going to happen. The railroad tracks under Knapp (Street) were a complete surprise, and you never know what people might bring in."

— Casie Vance

regular volunteers.

Many of volunteers are long-time residents of Ames as are some of the staff, but Vance is still learning a lot about Ames' history.

She said many people at the organization have their own niche, and hers is the founding years of Ames.

During her internship, she did a project that let her to explore photos from the Ames Tribune archives in the 1950s, which is still one of her favorite parts of the Historical Society's vast collection.

"The photos were the gamut of life for the day," she said. "You

can see so much in them."

The organization's collection spans several locations throughout Ames — Vance would like to consolidate — and space is a concern. With greater visibility means more donations and the need to find room for these artifacts.

Many resources and knowledge has come into use as Ames celebrates its sesquicentennial year throughout 2014. The Historical Society will have a couple exhibits at the Octagon Center for the Arts later this year.

Vance serves on the 150 Steering Committee, and like everyone at the Historical

Society, is busy researching and putting together projects and exhibits for upcoming events, including the Fourth of July events.

"There is a rich history here in Ames," she said. "There are so many aspects and important people that have shaped the city."

This year has been busy with various 150th projects, but the job has its surprises, which Vance is OK with.

"You never know what's going to happen," she said. "The railroad tracks under Knapp (Street) were a complete surprise, and you never know what people might bring in."

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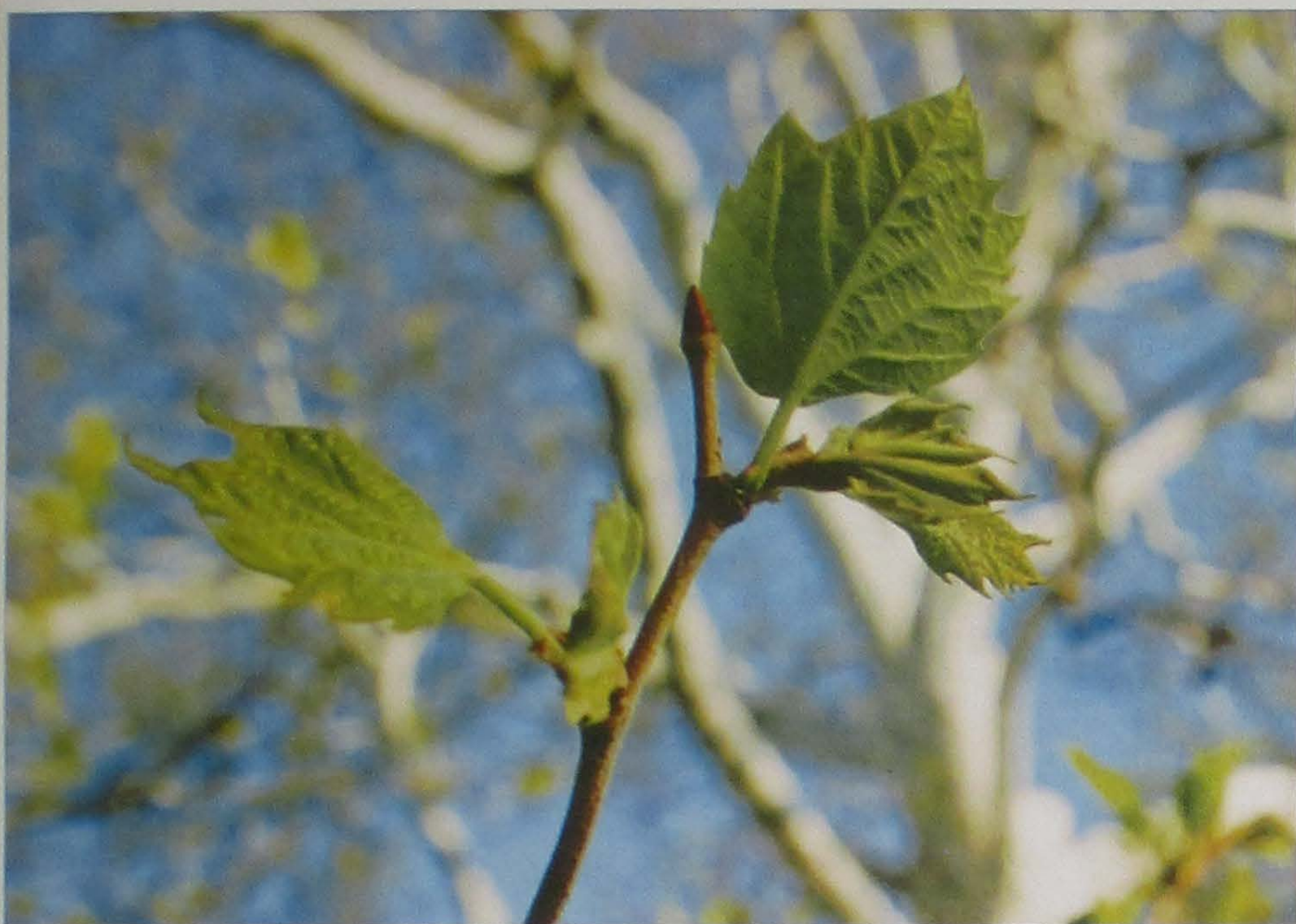


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COMMUNITY

THE GHOSTTREE



"I like trees because they seem more resigned to the way they have to live than other things do."

— Willa Cather (1873-1947), "O Pioneers," 1913

PHOTOS AND STORY BY JANE M. DEGENEFTE

Imagine whispers of time running through the leaves of a tree. What would those whispers say?

Time passing and life changing all around you while you contentedly stayed in one place.

There you would be, growing up and up towards the sky; reaching out and out to the air and light while the world goes on busily around you.

Here in Ames, we have a fine example of a very contented sycamore tree.

Our community has chosen to preserve it well! At the corner of University Blvd. and Lincoln Way, this magnificent tree still abides.

At one point it was

threatened by road construction.

The tree was so beloved, however, that the city decided to reconstruct Lincoln Way around it rather than remove it.

Its bleach-white bark seems to glow at the very top like a ghostly apparition.

Whispers of our community story have passed through leaves and more leaves of this grand sycamore tree.

Maybe this ghostly sycamore stare pierces our imagination to think of time passed and ages gone by.

According to estimates the tree could be at least 220 years old.

Do we realize the whispers? Or the time elapsed?

Indigenous to this flood plain, and growing up naturally in this region, it could very well have been here since the year 1794.

Can we just imagine all of those new buds and leaves over the years?

Or the intake of xylem and phloem (the tree's circulation system) so prolifically outstretching into its enormous muscular limbs?

Does Ames realize this tree's overseeing throughout the years with great divergence of college culture, state agriculture, and community life?

If great-great grandfather sycamore could talk what would he say?

CONTINUED ON PAGE 12

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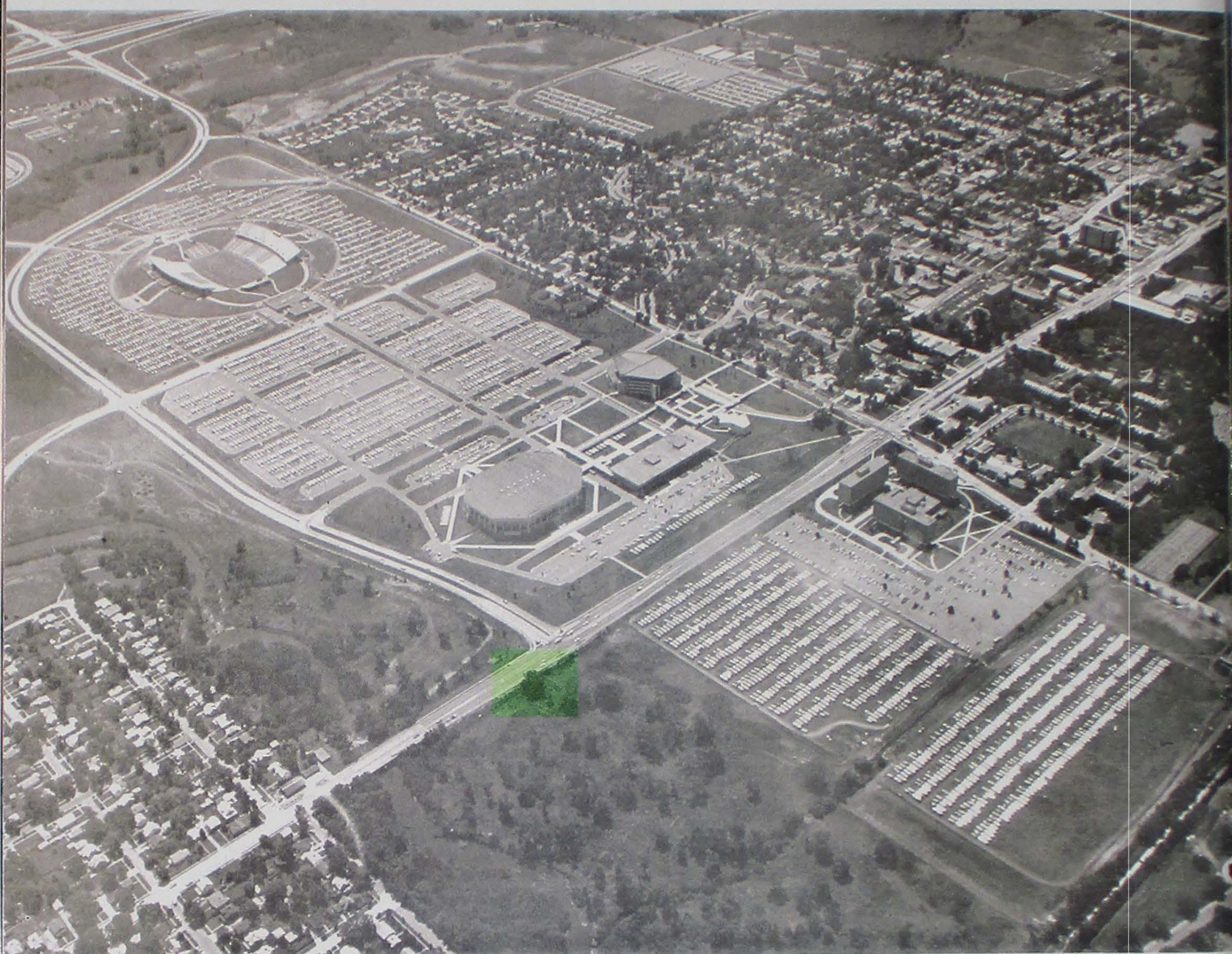


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Wrapping our minds around the idea that very possibly this tree has been here from even before our first mayor, William West in 1870 (as well as the very foundational years of our country) can be a challenging task.

We can really only wonder and then get small glimpses of understanding as we do.

These photos, above and right, illustrate the strength and preservation of what I've called "Ghost Tree" and what some others have called "Old Whitey." This allows for those



whispers of time (like the wind through the leaves) to speak a bit more to our present day understanding.

They were taken during

the 70's decade and during the building of Hilton Coliseum. Just for fun, I measured the tree's circumference in two places. One measurement at base of

the tree and its highest ground slope, which was 190 inches. And the other at shoulder height, which was 173 inches around. To get diameter you are welcome to "do the math" on your very own self!

Area expert, Bill Graves, professor of horticulture and associate dean of the graduate college at Iowa State University, has a website entitled "Historical Trees on Campus" (www.htc.hort.iastate.edu).

The sycamore is on university property and this particular sycamore is the very first tree he has listed on the website.



"Based on equations that allow estimates of age based on trunk diameter for various species, both the burr oak southwest of Catt might and the sycamore at Lincoln Way and University might be about be approaching 220 years old," Graves said.

These are very crude estimates but may be in the ballpark of reality.

"If, and this is a big 'if,' these age estimates are indeed in the correct ballpark, that would lend support to the idea that both trees are indigenous to their present location.

"Settlement of Iowa is said to have begun in the 1830s; I'm not sure how much tree planting would have preceded that decade," Graves said.

A child might want to dance beneath the marbled grey, white

and tan mammoth limbs.

A child would also be able to make a very quick estimation of its age — "It must be a thousand years old!"

The Sycamore Row planting of trees along the previous rail line called "The Dinkey Trail" (and also in need of weeding to the east along the bike trail) is much younger than our ghost tree.

They were purposely put in by citizens of Ames. The sycamore at the corner of Lincoln Way and University Blvd was very much likely a natural take.

Graves said, "I don't think anyone knows for sure whether the tree occurred there naturally or was planted. I prefer to believe it is naturally occurring, but it could have been planted.

The website shows a measure of trunk diameter I

made in 2012, 55 inches. The tree's age could be estimated based on this measure. The tree is on university property, which extends east to Riverside Avenue. This tree is older than the sycamores in Sycamore Row."

Certainly, one can easily retain a child-like wonder upon gazing up into its height.

A child might ask, "At the very tippy top, how far can I see?"

The roots go down unseen, yet stabilize its weight and enormity. How far down do they go? How many storms has it been through and which one would have been its favorite?

And what about the traffic? Is it bothersome? Did they REALLY build the road around it admiring its beauty? I know I would have chosen a route around it!

And what if there are more

trees to preserve? How can we? What would that process look like? And where are these trees in Ames?

For further possible efforts to preserve our historical trees of Ames, please contact me at jane.marie61@gmail.com

The towering sycamore at the corner of Lincoln Way and University is a true hallmark within our community.

Getting close to it is very inspiring. Looking slowly at its bark with the powdered sugar-like fingerprints, sets one wondering like a child, indeed.

Thankfully, and because of our community's efforts to preserve, it will remain safely there at the corner of University Boulevard and Lincoln Way until the xylem and phloem, lightning or storm, determine otherwise.



In this photo from about 1915, a path cuts southwesterly through what today is known as Bandshell Park but then was known simply as City Park. Note the bandstand, built of concrete block in 1909, near the center of the park to the left of the path. Farwell Brown Photo Archive courtesy of the Ames Historical Society

AMES PARKS: A RETROSPECTIVE

A look at how the city's public spaces came to be, and how they've changed over the course of 150 years

BY TODD BURRAS

A huge flock of mallard ducks burst above the dense rushes and cattails that envelope the shallow marshland, raising a ruckus and filling the sky with dark shapes as they fly over the surrounding

upland prairie where a lone timberwolf dashes and then quickly decelerates to a trot as it can only watch the waterfowl flee.

A mile to the east among a stand of trees hugging the sparkling waters of curving river, a drumming sound fills the air as a male ruffed grouse makes

his presence known in a spring ritual aimed at luring a willing mate.

Further north, a heard of bison push their way through tall bluestem, tall Indian grass waving in the breeze.

Sound like some far away place like South Dakota?

Wyoming? Montana? Try again.

Such scenes occurred here in central Iowa where modern-day Story County now appears on maps and where the city of Ames began springing up like a compass plant beginning with its incorporation as a railroad station stop in 1864.



In this photo from 1935, scaffolding was used during a sheet-metal project on the Ames bandshell. Paul Jones Family photo courtesy of Ames Historical Society

Nearly two centuries later, European settlement has rendered countless alterations to the area's landscape, which consequently has profoundly impacted its wild inhabitants.

No longer can wolves, bison, ruffed grouse and any number of other birds and animals that once inhabited the area be found here.

Large flocks of waterfowl are a distant memory as are the countless marshes and potholes — a remnant of the last ice age — that once contained them.

Still, for a growing Midwest city with a land-grant university and thriving agribusiness surroundings, Ames and Story County, for that matter, has a higher-than-national-average

amount of green space for a community its size. Those spaces can be seen in numerous community, specialized, neighborhood and county parks, as well as greenbelts and public hunting and fishing areas.

It started in 1892 with a donation to the city of a parcel of land near the east end of downtown in the area that's now bordered by Duff and Carroll avenues and East Fifth and Sixth streets.

Originally called City Park, the 2.5-acre public green space is now affectionately known by residents as Bandshell Park, host of innumerable concerts and festivals through the years.

After that initial acquisition came O'Neil Park on South

Fourth Street in 1941 and Duff Avenue Park a year later. Well-known Inis Grove (1949), Emma McCarthy Lee (1949), Brookside (1951), East River Valley (1965) and Munn Woods (1991) parks followed with a variety of smaller public parcels sprinkled in.

In 2001, the city, by overwhelming majority, supported a bond referendum to acquire the former rock quarry on the north side of town along U.S. Highway 69 that later became known as Ada Hayden Heritage Park — a 437-acre site with a 130-acre lake that has become the jewel of the city's 37-parks and woodlands and open spaces system.

Overseeing the 1,224 acres of green space and accompanying

facilities is the Ames Parks and Recreation Department with support from the Ames Parks and Recreation Commission.

The Parks and Recreation Department has 20 full-time employees and approximately 400 seasonal employees to manage its parks, athletic fields, aquatic center, ice rink, golf course and dog park.

It gets assistance and guidance from the seven-member commission, which is charged with making rules and plans for development and continuation of the city's recreational facilities, programs and activities.

How things have changed during the past 150 years.

CONTINUED ON PAGE 18

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Q+A with Parks and Rec Commissioner Leo Milleman

Dr. Leo Milleman has served on the commission since 2008, having been appointed by Mayor Ann Campbell. The commission was established in 1926 by community election.



Milleman

Why did you decide to become a commissioner?

I consider myself an active environmentalist not an environmental activist. I wanted to give some time back to my adopted community in an activity where I have some knowledge having lived in Ames over 35 years.

My wife and I raised three children, and as a family participated in outdoor activities, competitive sports and support our community activities.

I have deep respect for private property ownership and business, yet realize the need for common community space and activities.

Is there anything interesting about the development of Ames' parks system that you've discovered since joining the commission?

Ames is a unique community and many of our resources are shared. As a city and Parks and Recreation department, we interact and often partner with Iowa State University and the Ames school system.

We have had a good relationship for the betterment of our citizens and users, but this causes unique challenges. We pay taxes to all, yet each organization has its own administration. It owns its own property, collects its own allocated taxes and so forth. To partner with each other takes some diplomacy, understanding of the other agencies' points of view and the needs of the community. This includes our students from Iowa State. There are only so many

resources and there are many needs and requests.

What role does the commission play in its support of the Parks and Recreation Department?

I think our biggest job is to listen to the needs and the community and then implement a plan. We give feedback to the parks and rec staff. I have learned there are professionals who are trained to administer parks and recreation services.

Our job is policy and if staff needs an extra hand to speak to a community group to do so or help lend a hand to plant a tree and listen to the constituents.

If a plan won't sell to the commission, it won't sell to the community. We do the "grunt" work, seek out the plan and the resources, but the final OK is up to city council with our commission's recommendations.

What do you think are two or three of the city's hidden green treasures?

It's not a swimming pool or a kayak lake or a dog park. It's the volunteers who work to get it done and offer their time. It's been great to work with and to thank folks representing the Skunk River Navy, Ames Paddlers, Ames Anglers, Iowa Games, Friends of Ada Hayden and the Furman Aquatic Center, master gardeners, Holub's green house for their plant donations and countless others.

One little secret often overlooked is the resources of the Skunk River itself. It provides water for our aquifer, wildlife and is, itself, a trail. With the state and Story County we have designated access points and it's a source of recreation for fishing/floating and looking year round.

What's something about the city's parks and trails system that most residents probably don't know?

The trails are multi-use. As commissioners, we have been

surprised how complex a trail system might be. By law, a city cannot seize private property to connect trails. Hikers often wish something different than bikers. Bikers worry about walkers in their paths. Walkers worry about being run over. There are maintenance issues: hard surface or soft with mulch? Erosion along rivers and streams.

Designing a new park with trails or connections is important, but just connecting two dots across a business or private property may not be that easy.

Finally there are liability issues to consider. If a trail exists, who maintains it? What funds? What about snow and ice? These are things I have learned.

What do you see as the biggest challenges the department and commission face in the next decade?

Funding is always a priority for any business or agency. Specifically, our park system benefits and receives some funding from the special multi-use sales tax of our community. As such, I promote business because sales and business help us all. We are affected by the economy. Homewood Golf Course and the ice rink do produce some revenue.

The Furman Aquatic Center does generate some revenue, but as commissioners we deal with the economics. It is a wonderful facility, but its use is three months of the year with many time demands. Donations, gifting and community support are needed, encouraged and need be rewarded.

We can't do nice things with taxes alone. Also having nice parks and facilities help the community attract better business and citizens. Look for the win-win.

What do you see as the biggest priorities for the department and commission?

The park has a "rolling"

five-year-and-beyond plan that is reviewed yearly. What needs be done down the road and coming up. For example, we have known the effective lifespan of the indoor Municipal Pool was about 2015. Maintenance becomes cost prohibitive on the old structure. We are there. The indoor pool is a priority for the near future. ... In addition we need be concerned about upkeep and maintenance of what we have. Many often forget that. ... If we can't maintain what we have, we could lose it all. ... Promoting volunteerism, encouraging business and visitors, and continued partnering with other agencies when appropriate are important to ensure future development as well as maintain the current facilities we have now.

New residential developments will require new neighborhood parks. The Roosevelt neighborhood development is a recent example. I have a couple personal dreams as well that someday may happen.

How about a community center building with a nice view and environment for neighborhood meetings, bridge groups, weddings and small receptions with a patio overlooking a lake or river?

How about a nature park than can have trails accessible by electric wheel chair or electric golf cart for our senior citizens and others of need? Why can't these folks go for an outdoor outing and enjoy nature and the smell of flowers and the outdoors?

How about a "shelled dinkey bus" — a trolley-like bus running on rubber and on our streets to show our heritage and special ties with the city of Ames and Iowa State University?

The original Dinkey was called the "Uniter." Use it as a shuttle to ISU events, for special parades, a children's transport to the aquatic center and who knows?

All we need are dreams, ideas and finances, and to take care of what we have first.

SUMMER SALAD SOLUTIONS

Seeking a fresh summer salad? Look no further than your garden!

BY JAN RIGGENBACH

Keeping the salad bowl full of homegrown greens is easy when the weather stays cool. But as hotter days settle in, it's a different story.

Spinach and leaf lettuce go to seed and turn bitter in the heat. Head lettuces rot. By the time the first salad tomato is ripe, there's often no lettuce left.

But it doesn't have to be that way. The trick to keeping fresh salads coming despite the heat is to plant a variety of heat-tolerant lettuces and other greens.

Batavian lettuces, also called summercrisp, offer exceptional heat-tolerance.

They're as easy to grow as leaf lettuce and develop compact heads in about 48 days that are as crisp as head lettuce. You can choose from green varieties such as Loma and Nevada, or red ones such as Magenta and Cherokee.

It's not too late to plant lettuces for summer harvest, but getting them to

sprout in hot weather can be tricky. Sometimes I plant them in pots in a cool, shady spot and then transplant the seedlings to the sunny garden. It also seems to help to refrigerate the seeds before planting.

Both beets and Swiss chard tolerate summer's heat, and their young leaves make excellent additions to the salad bowl whether you plan to eat the beet roots and chard stalks or not.

I've never grown orach, but I'm ready to give it a try. Grant Olson, public programs manager of the Seed Savers Exchange, calls orach "quite possibly my favorite garden plant."

He thinks the young leaves make great summer salads. Orach comes in a variety of colors, and the plant bolts (goes to seed in hot weather) much later than lettuce or spinach.

While regular spinach grows well only in spring and fall, Malabar spinach thrives in hot weather.

Give it a fence or trellis, and this vigorous twining vine will produce a

bounty of leaves for your salad.

I grow red Malabar, which has red stems and dark green leaves. It's so pretty that I'd want to plant some seeds whether we ate any of the leaves or not.

Malabar spinach seeds need an early indoor start. Once you've grown it, though, it often reseeds itself for a new crop every spring. Just be sure to allow some seeds to fall to the ground when cleaning up spent plants at the end of the season.

I've always grown kale strictly for autumn harvest. It's not that kale plants don't like the heat. It's just that the first fall frost sweetens the leaves and improves the flavor.

As the popularity of kale has soared in recent years, though, more gardeners are growing it for continuous harvest. I concede that young kale leaves do make a fine addition to the salad bowl, even in the heat of summer. ♦

Longtime garden columnist Jan Rigggenbach lives in Omaha.



Chicken Sausage Pesto Pizzas are a great summer dish to cook on the grill. PATRICIA BECK/DETROIT FREE PRESS/MCT

(PIZZA) GRILLING SEASON

BY SUSAN SELASKY
DETROIT FREE PRESS

Chicken sausage has less fat and fewer calories, of course, than regular pork sausage. But be sure to keep an eye on the nutrition label because some are high in sodium. Some also have cheese in them, which can tack on fat and calories.

Since most chicken sausage is fully-cooked, it need only to be reheated. You can also use it in most recipes that call for regular pork sausage. In today's recipe, chicken sausage is used as a pizza topping. This pizza

gets a summer spin by cooking it on the grill.

CHICKEN SAUSAGE PESTO PIZZA

Serves: 4 (2 slices each)

Preparation time: 15 minutes

Total time: 30 minutes

INGREDIENTS:

2 to 3 links favorite fully-cooked chicken sausage

1 package (13.8 ounces)

pizza crust, such as Pillsbury regular, thin or whole wheat

2 tablespoons pesto

5 mini red, orange or yellow peppers, sliced

1/2 cup sliced red onion

1 cup (or more as desired) Italian-blend cheese, divided
1/2 cup grape tomatoes, halved

Freshly ground black pepper

DIRECTIONS:

Preheat the oven to 400 degrees. Slice the chicken sausage into 1/4-inch slices on the diagonal. Set aside.

Unroll the dough onto a large piece of heavy-duty foil that's greased well with cooking spray. Coat the rack with canola oil. Invert dough onto the grill rack and peel off the foil.

Cook until the bottom of

dough is golden brown and flip; cook for another minute or two, but don't let it get too brown.

Remove the pizza from the grill with a large spatula or pizza peel.

Brush the pesto over the pizza crust. Arrange peppers and onions on crust. Sprinkle with 1/2 cup of the cheese. Arrange chicken sausage slices and grape tomato halves on top.

Sprinkle with the remaining cheese and few grinds of freshly ground black pepper, and return to grill for about five minutes, or until cheese is melted.



Getting each part of a pie perfect can be difficult. But it is easier to make bars, such as these raspberry apricot ones, and still get all the great fruit taste. BILL HOGAN/CHICAGO TRIBUNE/MCT

EASIER THAN PIE

BY LEAH ESKIN
CHICAGO TRIBUNE

Making pie can be scary. It takes practice to get the fruit to set neither runny nor gummy and the pastry to bake up both flaky and reliable.

Which might be why the fruit bar is such a pleasure. It's like pie, but simpler, smaller and sturdier. Plus the low-lying bar has an admirable outer-to-inner ratio: about 1:1. Leaving nothing to pout about.

RASPBERRY APRICOT BARS

Prep: 20 minutes
Bake: 1 hour
Makes: 24 bars

MIDDLE:

2 cups raspberries
1/3 cup sugar
3 cups cubed apricots
(about 6 apricots)

TOP:

6 tablespoons unsalted butter
1 cup pecan halves
1/4 teaspoon kosher salt
1/8 teaspoon freshly grated nutmeg
1/2 cup sugar
1/2 cup flour

Bottom:

1 1/2 cups flour
1/2 cup sugar
1/4 teaspoon fine salt
12 tablespoons unsalted butter, cut up

• **Mash:** To make middle, sprinkle raspberries with sugar. Mash with a fork (don't worry if raspberries are reduced to slush). Stir in apricots. Set aside.

• **Toast:** To make top, melt butter in a medium saucepan set over medium heat. Add pecans, salt and nutmeg and cook, stirring, until butter is speckled brown, about 5 minutes. Pull pan off

heat. Stir in sugar, then flour. Chill.

• **Pulse:** To make bottom, measure flour, sugar and salt into the food processor. Buzz once to mix. Add butter and pulse to big clumps.

• **Bake:** Butter a 13x9x2 baking pan. Line with parchment paper, leaving some overhang. Dump in clumps. Pat pastry across bottom of pan. Poke several times with a fork. Slide into the lower third of a 375-degree oven and bake until pastry is lightly golden, about 20 minutes.

• **Brown:** Spread fruit over pastry. Sprinkle on chilled top — fruit will not be fully covered. Return pan to oven and bake until fruit is bubbly and top is browned, about 40 minutes. Cool completely. Grasp the parchment overhang and lift out the whole contraption; slice into 24 bars.



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-Derek-Green Hills gazebo project

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weekend, I thought
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ble activi-
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moving.
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something new this year?



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PLACE-FENCL

1. Take a walk
2. Go for a jog
3. Ride your bike
4. Go for a hike
5. Swim
6. Softball/baseball
7. Soccer
8. Yoga
9. Pilates
10. Stand up Paddle Board (SUP)
11. Kayak

12. Canoe
13. Water walking
14. Strength training
15. TRX class
16. Bootcamp
17. Kettlebell class
18. P90X
19. Insanity
20. Chop wood
21. Zumba
22. Scuba diving
23. Surfing
24. Rock climbing
25. Snow shoeing
26. Cross country skiing
27. Downhill skiing
28. Snowboarding
29. Skateboarding
30. Rollerblading
31. Roller skating
32. Volleyball
33. Aqua aerobics
34. Hula-hooping
35. Kickball
36. Play at the playground
37. Gardening
38. Build something
39. Jump on the trampoline
40. Frisbee golf
41. Flag football
42. Basketball
43. Ice hockey
44. Broomball

45. Tap Dancing
46. Ballroom Dance
47. Jump rope
48. White water rafting
49. Dodgeball
50. Ice skating
51. Participate in a triathlon
52. Participate in a duathlon
53. Participate in an aquabike
54. Participate in an aquathon
55. Play a game of Twister
56. Play a game of Charades
57. Tag
58. Duck, Duck, Goose
59. Hide and Seek
60. Household chores
61. Polo
62. Participate in a three-legged race
63. Participate in a relay
64. Tug-of-war
65. Croquet
66. Bowling
67. Laser tag
68. Paintball
69. Play catch
70. Cross fit
71. Tabata workout
72. Water polo



- | | | |
|-------------------------|---------------------------|------------------------|
| 73. Water skiing | 99. Tether ball | 125. Cheerleading |
| 74. Wake boarding | 100. Fly a kite | 126. Tumbling |
| 75. Push mower the yard | 101. Fencing | 127. Elliptical |
| 76. Rake leaves | 102. Capoeira | 128. Take the stairs |
| 77. Shovel snow | 103. Speed golf | 129. Aqua jogging |
| 78. Wiffleball | 104. Ladder toss | 130. Lawn darts |
| 79. Kickboxing | 105. Horseshoes | 131. Hip Hop Dance |
| 80. Wrestle | 106. Washer toss | 132. Squash |
| 81. Pickleball | 107. Inline hockey | 133. Belly Dancing |
| 82. Kube | 108. Archery | 134. Rowing |
| 83. Bean bag toss | 109. Clay pigeon shooting | 135. Ballet |
| 84. Shuffle board | 110. Snorkeling | 136. Golf |
| 85. Curling | 111. Rappelling | 137. Acting |
| 86. Table Tennis | 112. Sand volleyball | 138. Paddleboat |
| 87. Tennis | 113. Gymnastics | 139. Climb a tree |
| 88. Badminton | 114. Rugby | 140. Build a snow fort |
| 89. Karate | 115. Horse riding | 141. Sledding |
| 90. Tai Chi | 116. Wind surfing | 142. Zip line |
| 91. Taekwondo | 117. Winter wind surfing | 143. Skydiving |
| 92. Hapkido | 118. Lacrosse | 144. Hang Gliding |
| 93. Hopscotch | 119. Cricket | 145. Slacklining |
| 94. Line Dancing | 120. Long jump | 146. Bungee jumping |
| 95. Bocce ball | 121. Shot put | 147. Geocaching |
| 96. Judo | 122. Discus | 148. Boxing |
| 97. Jiu Jitsu | 123. Dog sled racing | 149. Juggling |
| 98. Capture the flag | 124. Quidditch | 150. Baton twirling |

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BEAUTIFY



BEAUTIFUL BEGINNINGS

The Champlin Block
of Lincoln Way in 1976,
where one of the origi-
nal Finesse Salons was
located. PHOTO BY AMES
HISTORICAL SOCIETY

Finesse Salon's 50+ year history in Ames

When I asked my editor, Nicole Wiegand, what the theme would be

for the July issue of Facets, her response was, "We're doing an issue on the Ames sesquicentennial, so feel free to just write about whatever, as it might be difficult to match a beauty column with that."

Little did she know that I love history — and especially hair history — because when it comes to Ames and hair history, some of it is all about Finesse, the company my mom, Marian Lokken, founded first in Waterloo with a partner, Signe Raska, and then here on her own when she and dad, Clayton, moved back to Ames in 1959.

Today, Finesse is the oldest salon business in Ames operating under its sixth owners.

We first lived in Pammel Court in Ames while dad attended Iowa State College from 1949-52, graduating with a degree in forestry with a minor in civil engineering.

Dad worked part time while in school. Mom worked in a salon in Campustown where University Barbers is now, and then for Carolyn Bellinger in a salon located above Tom's Grill, where Great Plains Sauce and Dough can now be found.

I was just 6 weeks old when I became an Ames girl.

When Marian Lokken came to Ames from Wisconsin, she needed to get her Iowa cosmetology license.

The woman who helped her do that was one of Terry Adams' (of Adams Funeral Home) relatives and the holder for cosmetology license No. 1. Terry told me that story a long time ago, and now I get to use it.

What follows is a summary of the Finesse salons history in Ames:



MARY CLARE
LOKKEN

- 1959: Marian Lokken established Finesse Beauty Salon on the second floor of the Ames Tribune building.

- 1961: Moved Finesse to 819 Lincoln Way, 66 Motor Inn, a larger location.

- 1962: Opened second location at 2408 Lincoln Way, Campustown, semi-basement

- 1965: Opened third location in University Towers apartment building on Lynn Avenue, Campustown.

- 1966: Opened largest Finesse salon in North Grand Plaza 24th saunas (one of which is in my home today); Marian was president of the state hairdresser's association.

- 1968: Finesse became a corporation; closed the salon at 819 Lincoln Way when parking became a challenge; moved staff to North Grand location.

- 1969: Moved 2408 Lincoln Way location upstairs to street level.

- In the late 1960s, Finesse changed from weekly shampoo set appointments to walk-ins welcome and bookings for cuts, colors and perms; a large boutique of gift items helped the North Grand location transition by welcoming the public to shop, making them feel welcome to stop in without an appointment

- 1973: Moved Lynn Avenue location to 210 Welch in the Post Office building and named it Finesse Hair Unlimited the Sanctuary.

- 1975: Remodeled 2408 Lincoln Way location (pictured at left, in 1976, to the right of the Cranford Apartments).

- An Iowa Supreme Court ruling allowed cosmetologists to cut men's hair; prior to this time the law only allowed barbers to cut men above age 12 years; men were already coming in for services because barbers at the time chose not to service their longer hair styles

- 1976: Opened Finesse for Men at 2408 1/2 Lincoln Way,

upstairs from 2408 Lincoln Way location; remodeled North Grand location; Finesse items were placed in a bicentennial time capsule; Finesse Mini-Storage opened

- 1977: Opened the Finesse Story Styling Salon in Story City; building was converted from a Dairy Queen and was owned by Finesse; Marian was featured in a Redken ad in the April edition of Vogue magazine.

- 1978: Opened Finesse Hair Designers in Ankeny and Finesse at The Livery in Boone; Lokkens also opened a school, Professional Cosmetology Institute (PCI), in Ames, today known as PCI Academy.

- 1979: Finesse turns 20; Redken sent a salon owner from Japan to learn about our company; Marian Lokken was tested and then invited to become a member of the National Hairdressers and Cosmetologists Association's education group, the Official Hair Fashion Committee (later Hair America); did first Finesse cut-a-thon for charity.

- 1981: Finesse Beauty Salons became Finesse Image-makers with a new logo and name; second cut-a-thon for charity held at PCI.

- 1982: Christmas corners at each salon brought holiday décor for sale to our retail space.

- 1983: Electrolysis services were added; Marian was named Cosmetologist of the Year by the state hairdressers association.

- 1984: Finesse celebrates 25 years in business and a newly remodeled North Grand salon.

Along the way, Finesse opened a small location in Green Hills, a salon called Images on Welch Avenue in Campustown, a Marshalltown location, and closed the Story City and Boone locations.

- 1985: Opened ManStyle in North Grand area; Marian was featured in Redken ad

in Modern Salon magazine January issue.

- 1988: Moved Ankeny salon to new location at 717 N. Ankeny Boulevard.

- 1989: Finesse is 30 years young; 30 years of professionalism committed to service now and into the 21st century.

- 1992: Marian passed away from ovarian cancer and daughter, Mary Lokken Jackson, took the helm at the salons and school.

- 1998: Mary hired Randy Kunkel, KRS Consulting Group, now Summit Salon Business Center, to help her grow the salons and later the school.

- 1999: Angie Torgeson became Mary's partner after buying Clayton Lokken's shares in Finesse and PCI; a spa area was added to North Grand, Ames' first spa salon; celebrated 40 years in business with a theme party 50's style at Ruttles on South Duff

- Angie and Mary spent the next two years completely remodeling the three Finesse salons (North Grand, Ankeny, Welch). Becky Nelson purchased the Green Hills location. Angie and Mary opened the Somerset location.

- Mary sold her shares to Sonja Plunkett in 2003. She and Angie later brought in today's team of owners.

- Today, Finesse Spa Salon, located in the Somerset development, is owned by Linda Lohman, Andrea Kneifl, Meredith Miller, Dawn Marie Walstrom, Jenny Veale and Mandy Fjelland, co-owner, and employs many more salon professionals including cosmetologists, estheticians, nail technicians and massage therapists.

- In 2009, Finesse celebrated their 50th year in business and graciously invited me to the ribbon cutting. Mom would be proud. Ames has been a beautiful place to be in the beauty business.

Happy birthday, Ames!

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IN SEASON

FALL IN LOVE WITH THE TASTE
OF HOMEGROWN GOODNESS

Summer is the perfect time to buy delicious seasonal fruits and vegetables. Instead of traveling to a farmers' market or farm stand to pick up your local produce, why not stop by your neighborhood Hy-Vee store to complete all of your shopping in just one trip?

Hy-Vee offers a wide variety of nutrient-rich, locally grown produce from more than 45 growers in the Midwest. Our Hy-Vee Homegrown label ensures that you are purchasing the freshest items from local family farms. Be sure to take a look at the signs posted throughout our produce department. They indicate where your food was grown and how far the farm is from your Hy-Vee.

According to the Food Marketing Institute's U.S. Grocery Shopping Trends report, the top reasons for purchasing locally grown foods include freshness (82 percent),

supporting the local economy (75 percent) and taste (58 percent).

Buying locally grown fruits and vegetables helps the local economy of farmers and ranchers who live in our Hy-Vee community and brings customers the very freshest of produce. Plus, the taste just can't be beat. Local produce packs a nutritious punch, is superior in quality and tastes so fresh that you'll think it was grown in your own garden.

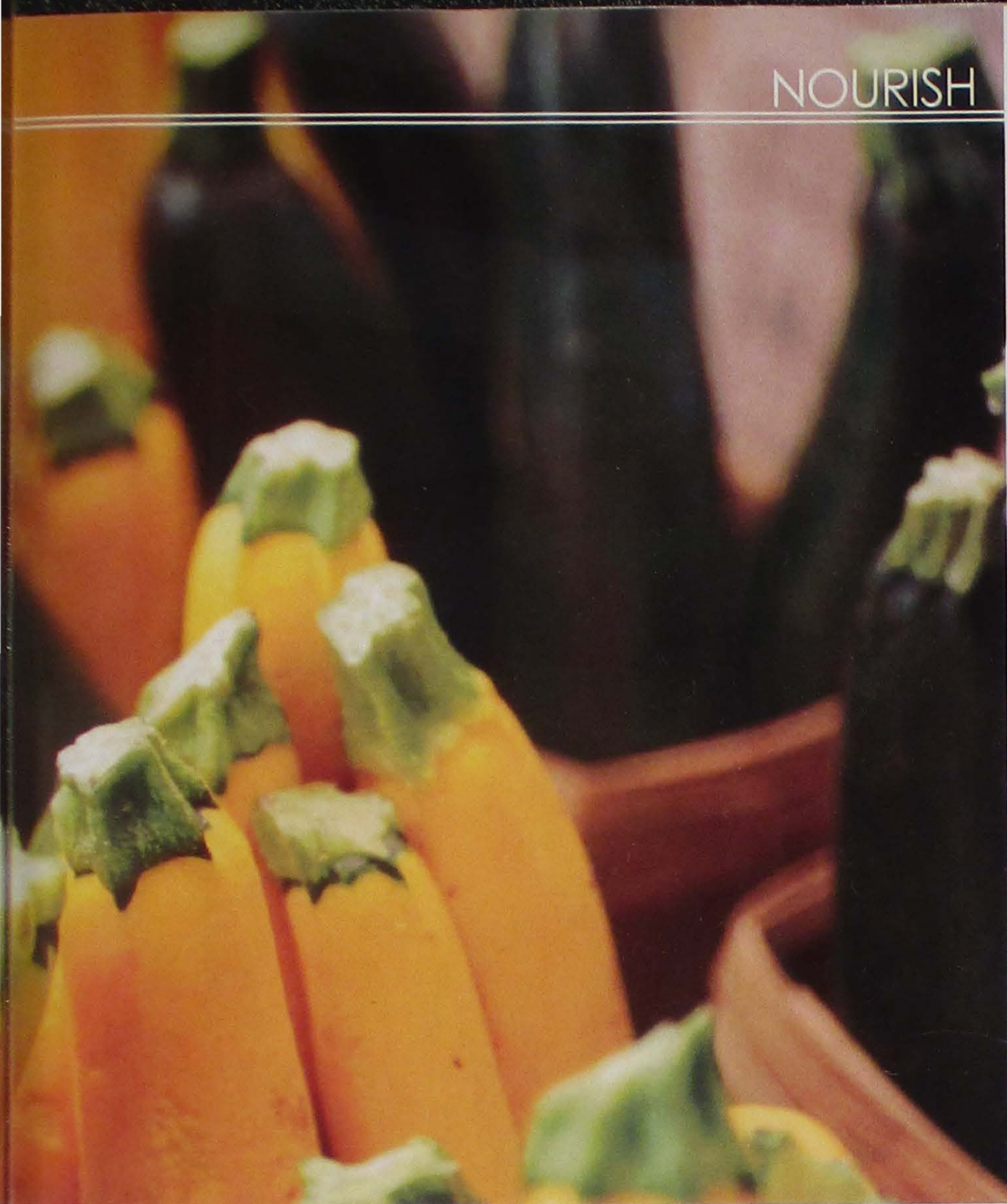
Local, seasonal fruits and vegetables are typically more budget-friendly because they are harvested during their peak season for you to enjoy. Popular locally grown summer produce includes sweet corn, watermelon, tomatoes, peppers, muskmelon, zucchini and yellow squash, cabbage, cucumbers and green beans, as well as acorn, butternut and spaghetti squash.

Don't hesitate. Check out your neighborhood Hy-Vee's selection of locally grown fruits and vegetables and help support our mission to be earth-friendly and build a strong relationship with our community farmers and ranchers.



NICOLE
ARNOLD

NOURISH



Also, be sure to talk with your Hy-Vee dietitian about ways to increase your fruit and vegetable intake, incorporate fresh produce into your meals, or ways in which you can select the best produce from our stores.

SLOW COOKER QUINOA-SUMMER SQUASH CASSEROLE

ALL YOU NEED:

- 12 ounces tomatillos, husked, rinsed and chopped
- 1 pint cherry tomatoes, chopped
- 1 poblano or bell pepper, chopped
- 1/2 cup finely chopped white onion
- 1 tablespoon lime juice
- 1 teaspoon salt
- 1 cup quinoa
- 1 cup crumbled cotija or feta cheese, divided
- 2 pounds small yellow summer squash, cut into 1/4-inch slices
- 2 tablespoons chopped fresh oregano

ALL YOU DO:

Combine tomatillos, tomatoes, pepper,

onion, lime juice and salt in a medium bowl.

Coat a 5- to 6-quart slow cooker with cooking spray. Layer quinoa, 1/3 cup cheese and all the squash in the slow cooker. Top with another 1/3 cup cheese. Spread the tomatillo mixture on top, but don't stir the ingredients together. Refrigerate the remaining cheese to use for the topping.

Cover and cook on LOW for 4 hours. Serve sprinkled with oregano and the remaining 1/3 cup cheese. Serves: 10 (serving size: 3/4 cup).

Nutrition Facts (per 3/4 cup): 111 calories; 3 g fat (1 g sat, 0 g mono); 3 mg cholesterol; 18 g carbohydrates; 0 g added sugars; 6 g total sugars; 5 g protein; 3 g fiber; 286 mg sodium; 526 mg potassium.

Adapted From: Eating Well

Nicole Arnold represents Hy-Vee as a nutrition expert working throughout the community to promote healthy eating and nutrition. Nicole is a Registered and Licensed Dietitian, ACE certified personal trainer and member of the Academy of Nutrition and Dietetics. This information is not intended as medical advice. Please consult a medical professional for individual advice

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AMES FOURTH OF JULY SESQUICENTENNIAL CELEBRATION

Ames turns 150 this year — what better reason to head out on the town and celebrate?

BY NATE LOGSDON

Ames is celebrating its sesquicentennial all year, but the three-day celebration from July 3 to 5 will be one of the major highlights.

The July 3 program will be at

Reiman Gardens and the July 4 and 5 events will be located in downtown Ames.

The July 4 headliner is the upbeat African ensemble Sierra Leone's Refugee All Stars and the headliners on July 5 are Robert Randolph & the Family

Band and Buckwheat Zydeco.

THURSDAY, JULY 3 (AT REIMAN GARDENS)

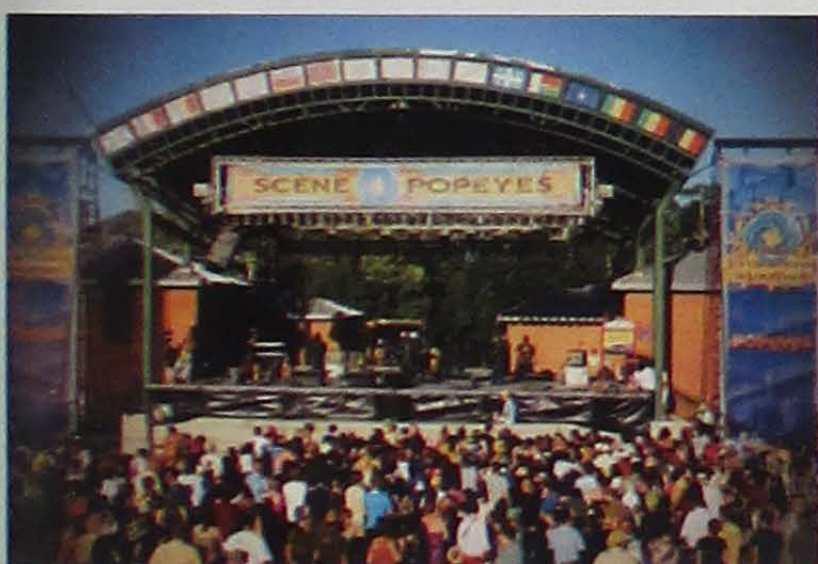
- 6 p.m.: Community barbecue, Balloon artist and face tattoos for children
- 6:45 p.m.: Birthday cake

- 7 p.m.: Ames Choral Society
- 8 p.m.: Municipal Band concert

- 9:15 p.m.: Dixieland and German band Oompameisters, roving musical groups in the Jack Trice lots
- 10 p.m.: Fireworks



Robert Randolph & the Family Band. PHOTO: WIKIMEDIA COMMONS



From left: Sierra Leone's Refugee All Stars; Buckwheat Zydeco; Peace, Love and Stuff. PHOTOS: WIKIMEDIA COMMONS AND COURTESY

FRIDAY, JULY 4 (IN DOWNTOWN)

- 8:30 a.m. to 10:30 a.m.: Pancake breakfast in front of City Hall with entertainment by Second Chair Brass and Jazzy Lads
- 9 a.m.: Bill Riley Talent Search
- 11 a.m.: Parade

DOUGLAS STAGE

- 1:30 p.m.: Ames Chamber Artists

MAIN STAGE

- Noon: Bookends Concert

Bandshell concert: Peace, Love and Stuff

- 2 p.m.: Gatehouse Saints
- 4 p.m.: Holly and the Night Owls
- 5:30 p.m.: Great Ceasar's Goat
- 8 p.m.: Sierra Leone Refugee All Stars

YOUTH AND FAMILY AREA

- Noon to 6 p.m. — games and tournaments, fire department open house, a giant slide, climbing wall, jousting, obstacle

course, mechanical bull, spin art and cow milking.

SATURDAY, JULY 5 (DOWNTOWN)

- 8 a.m. to 12:30 p.m.: Main Street Farmers' Market

ON MAIN STREET (BETWEEN DOUGLAS AND KELLOGG)

- 10 a.m. to 6 p.m.: Chautauqua at Bandshell Park
- Noon: Beer Garden opens

DOUGLAS STAGE

- 10 a.m.: To be determined

MAIN STAGE

- 10 a.m.: The Jazzy Lads
- Noon: BeJae Fleming
- 2:30 p.m.: Fat Sky
- 4:30 p.m.: Vinyl Vagabonds
- 7 p.m.: Buckwheat Zydeco
- 8:30 p.m.: Robert Randolph and the Family Band

YOUTH AND FAMILY AREA

- 10 a.m. to 6 p.m. — games and tournaments, fire department open house, a giant slide, climbing wall, jousting, obstacle course, mechanical bull, spin art and cow milking.

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**K I D S
CORNER
1 P.M. - 4 P.M.**



Delphine Weiss, center, and friends at the Market to Market Relay in Des Moines. CONTRIBUTED PHOTO

NAME: Delphine Weiss

AGE: 47

POSITION: Homemaker, health associate with Ames Community School District

FAMILY: Husband Bob. Three sons attending ISU. Cockapoo dog.

WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF? I would buy a plane ticket to Japan to visit my family.

YOUR FAVORITE MEAL: Homemade Pad Thai.

CRAZIEST FASHION YOU EVER WORE: Any costume that my friends and I have worn while running various road races. (e.g. pink tutu, moustache, leprechaun, fringed T-shirt, blonde hula dancer, butterfly, etc ...)

I NEVER LEAVE HOME

WITHOUT: My lip gloss.

YOUR FAVORITE MOTTO: Do small things with great love. Mother Theresa

WHAT MAKES YOU HAPPY? Sharing life with my family and watching my sons become men.

WHAT MAKES YOU FEEL CONFIDENT? I feel confident because I am comfortable with who I am.

WHAT MAKES YOU LAUGH? Goofy, quirky stuff makes me laugh.

DO YOU BELIEVE IN NEW YEAR'S RESOLUTIONS? Do you have one this year? No, I believe that each day brings an opportunity to try something new. Why wait?

BEST TIP TO LOOK AND

FEEL GREAT: My best tip to look good and feel great is surround yourself with people who make you laugh and can share your passions. By doing this, you create positive energy for yourself and others.

IF YOU COULD DO OR BE ANYTHING YOU WANT, WHAT WOULD IT BE? I would like to write good poetry, especially haiku.

HOW DO YOU REWARD YOURSELF? I reward myself with quiet time on my porch, sitting on a rocking chair with my dog.

MY IDEA OF A NIGHTMARE JOB: Furniture refinisher.

MY SIMPLEST PLEASURE: A pot of French pressed coffee, every morning.

I CRAVE: I crave cheese curds

from Wisconsin.

I SECRETLY LOVE: I love to go outside every night and look at the moon.

I AM THANKFUL FOR: My health, family and friends. Eight years ago, I was involved in a bicycle accident with serious injuries. I am thankful each day for my mobility and the ability to get back onto the bike.

FAVORITE WARDROBE STAPLE: My favorite fashion staple is Danskos shoes.

HOW DO YOU GIVE BACK TO YOUR COMMUNITY? I give back to my community through volunteer efforts with Homeward Hospice, Habitat for Humanity and my faith community. Most rewarding is my work as a bereavement group facilitator at hospice.



What can a Hy-Vee Dietitian? do for you ●

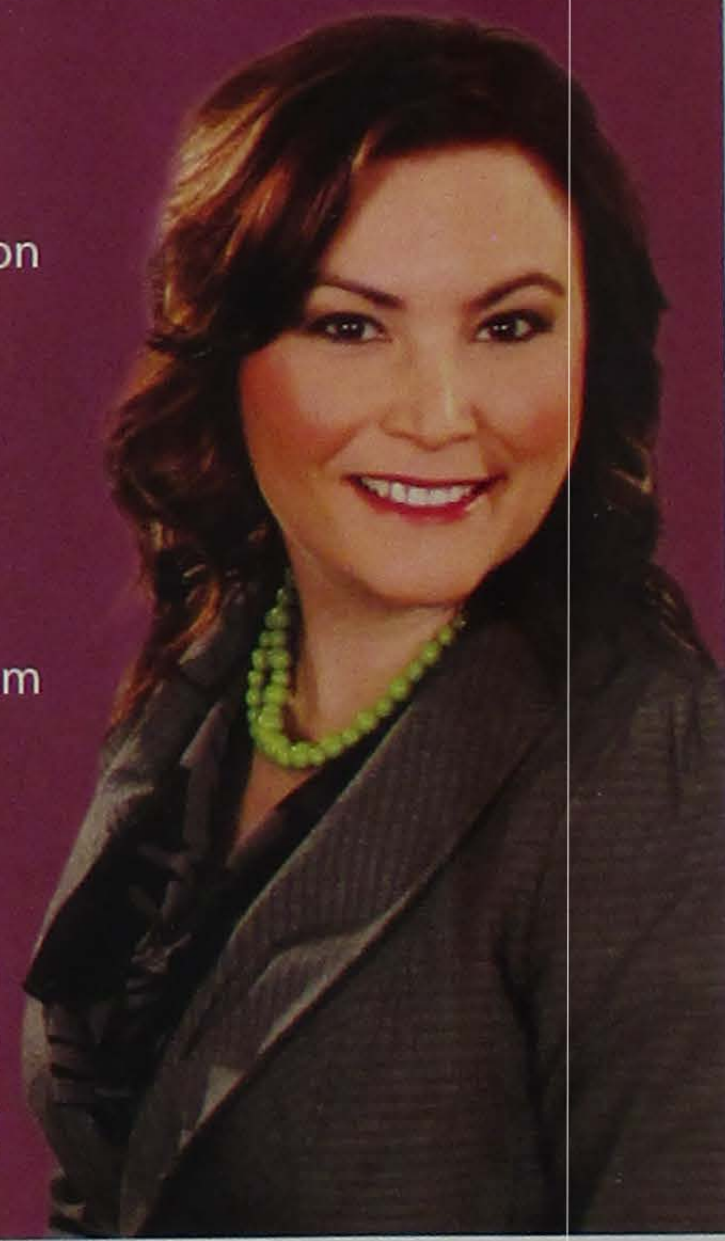
Services Include:

- Individualized nutrition coaching
- Food allergy and intolerance information
- Group nutrition classes
- Supermarket tours
- Group seminars in our store and throughout the community
- Recipe demonstrations
- Wellness and cooking classes
- Begin 10-week Healthy Lifestyle Program



Amy Clark
RD, LD

Lincoln Center Hy-Vee
(515) 450-0508



Nicole Arnold
RD, LD

West Ames Hy-Vee
(515) 292-5543

Your Ames Hy-Vee dietitians are available for individual nutrition coaching. If you have questions about a specific diet (weight loss, low-sodium, diabetic, gluten-free, vegetarian and more), nutrition coaching is a great way to get personalized advice!